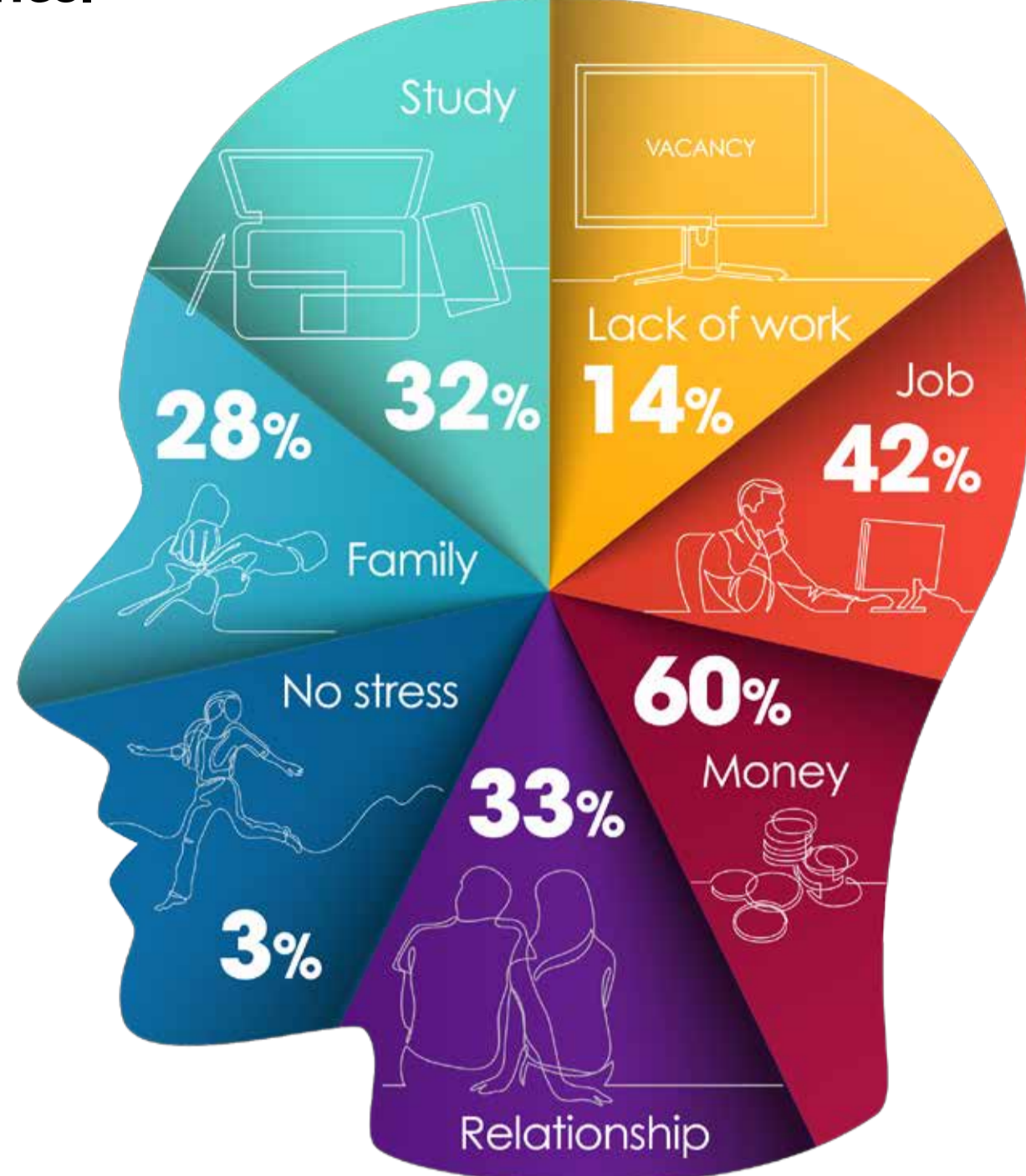


# STRESS MANAGEMENT IN UNDER 25s

THE MIX

97% of under 25s feel stressed and state one or more of the below as the main source of their worries.

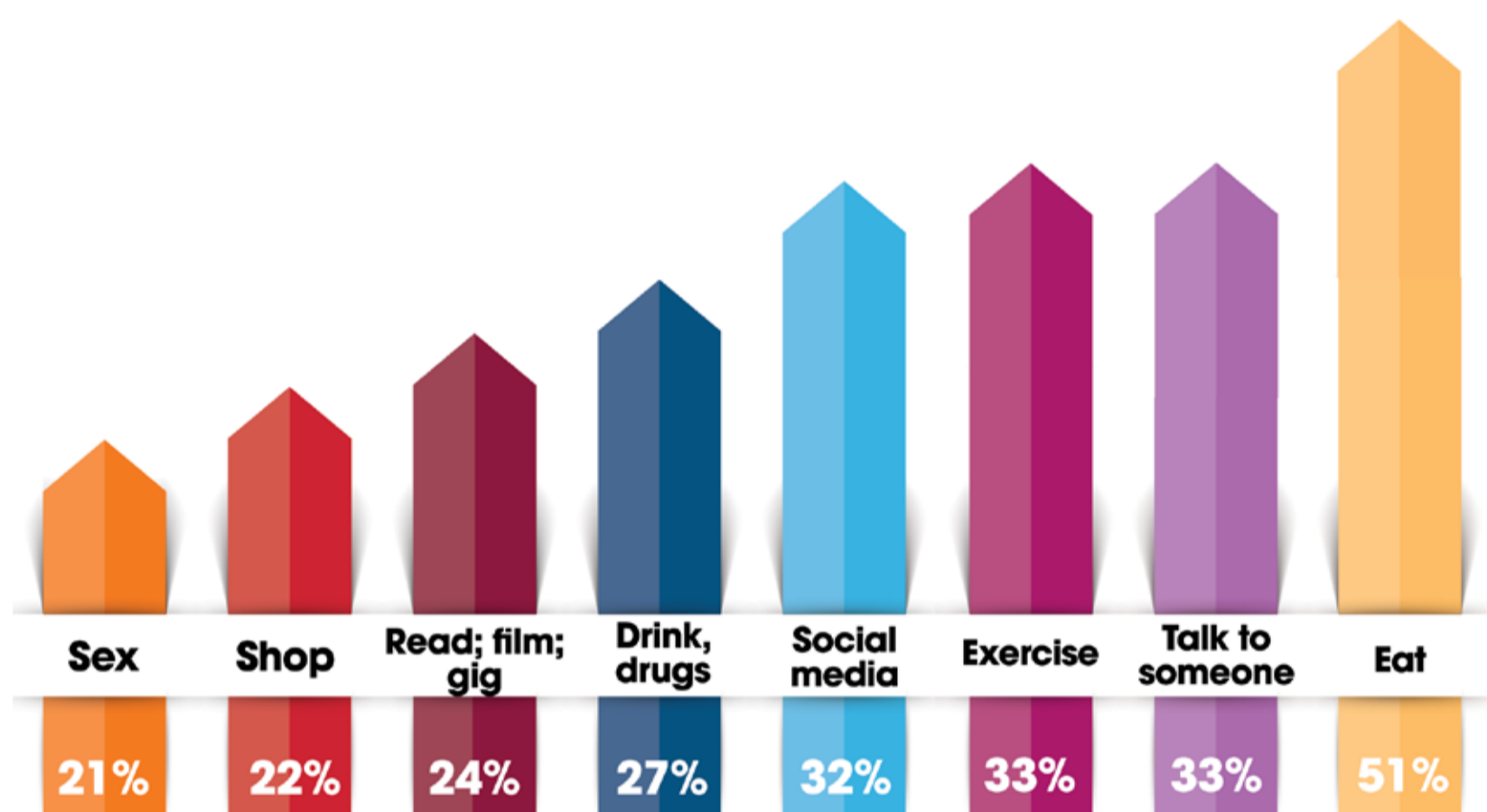


45% think about their source of stress multiple times a day.



## STRESS

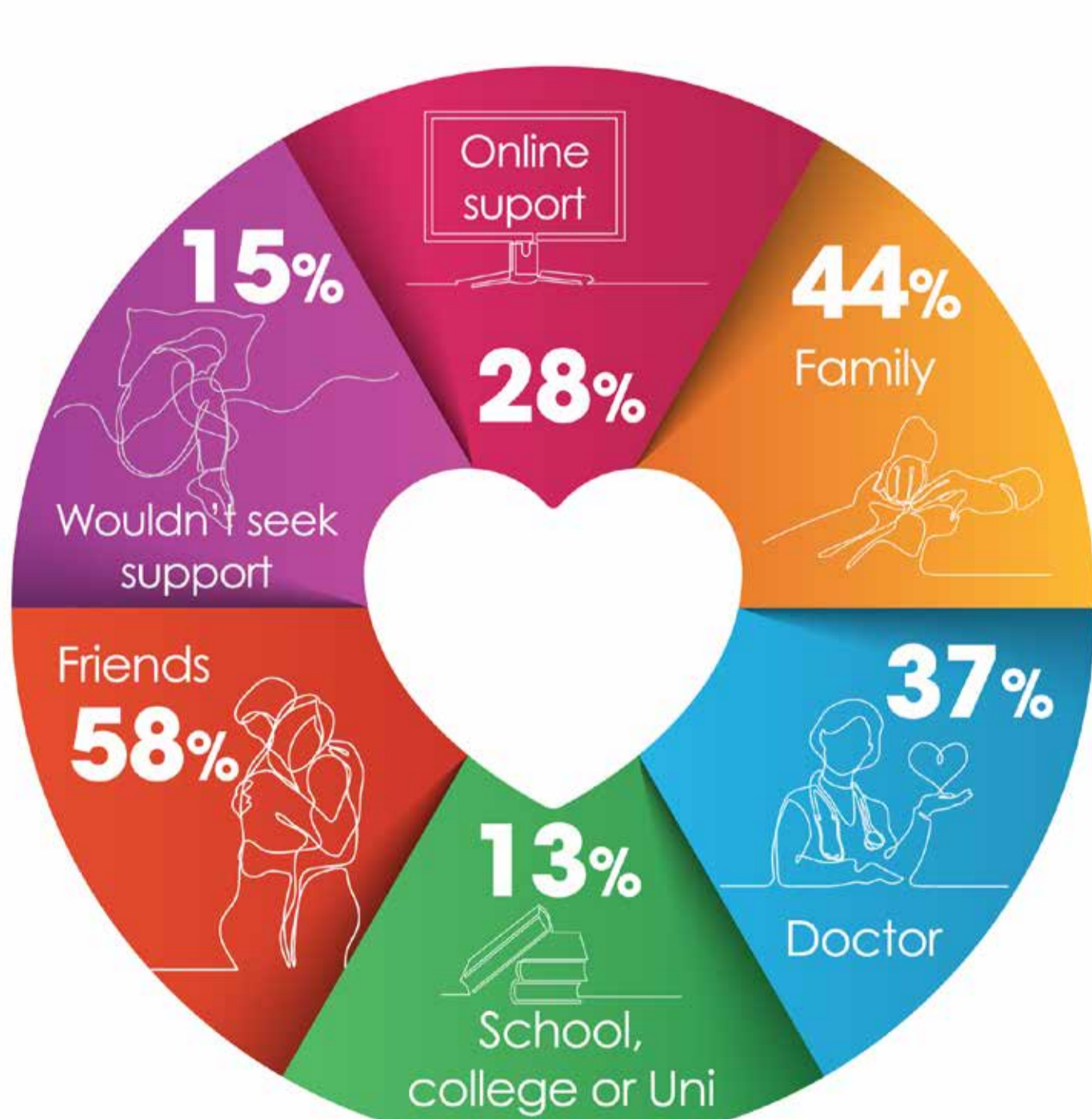
### Methods of coping with stress



3 out of 4 respondents think their coping mechanism could make them unhappy.



Over half of under 25s would turn to a friend for help and nearly a third to online support.



About the survey  
The survey was conducted by One Pulse Online and participants were self selecting.